
“Festive Family Thanksgiving Cookbook”

Hot Spicy Cider

Serves 11 1 - cup servings, Preparation time 10 minutes
Simmering time 30 minutes plus 2 quarts apple cider

2 quarts apple cider	3 cinnamon sticks
40 whole cloves	1 tsp. nutmeg
½ cup brown sugar	2 cups orange juice
¼ cup fresh lemon juice (about 2 squeezed lemons)	2 strips orange peel
Cheesecloth or tea ball to hold spices	Crock pot preferable (can use a large pasta pot or stock pot on stove top)

Put cinnamon sticks and whole cloves in a cheesecloth or tea ball and immerse in the apple cider. Add nutmeg and brown sugar. Stir.

Simmer cider mixture for 30 minutes or longer. Add juices and orange peel. Serve hot.

Nutrition Facts Per Serving: 132 Calories, 9 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

“Start this before your guests arrive. If using a crock-pot, start cooking at high temperature, then reduce to low as soon as it boils. It will make your house smell wonderful.”

Julie Mortimore, RD

